

## NEPAL HIMALAYA TREKKING FIXED DEPARTURE 2010

We have prepared the following exclusive itinerary that cover tours within Nepal Himalayas trekking route. Whether of short or long durations, these programs have been especially tailor-made to suit the interests of our clientele gleaned from our experiences in operating these treks in the past. However, should they require more fine tuning to cater to your particular needs. We could adapt our itineraries accordingly for details as per request.

Below, find our trekking route as well as fixed departure dates for the year 2010.

<p><b>KEY INFORMATION</b>            Trail: EVEREST BASE CAMP TREKS            Trek from - Lukla            Trek End - Lukla            Grade - Moderate            Highest Access of the Trek - 5545m            Mode of trekking - Teahouse/Camping            Himalayan Sights - Everest, Ama Dablam, Lhotse            Most Attraction of the trek - Close Mt. View, Sherpa village</p>	<p><b>Fixed Departure Date: 2010</b>  <b>Feb:</b> 18, 28 <b>Mar:</b> 5, 11, 16, 24, 31  <b>Apr:</b> 3, 9, 14, 19, 23, 27, <b>May:</b> 2, 6, 10, 15, 19, 25, 29, <b>June:</b> 4, 8, 12, 16, 20, 26, 30 <b>July:</b> 5, 8, 13, 19, 23, 28 <b>Aug:</b> 7, 14, 21, 28 <b>Sep:</b> 2, 6, 10, 13, 17, 22, 26, 29 <b>Oct:</b> 3, 6, 9, 13, 15, 18, 22, 25, 28 <b>Nov:</b> 6, 9, 14, 15, 21, 24, 30 <b>Dec:</b> 2, 8, 13, 18, 25, 31</p>
<p><b>Trip Highlights:</b>            A trek which takes you into the heart of the mountains and the culture of the Everest region to the foot of the great peak itself. Commencing in Lukla (Airstrip for Everest) you trek up to the Sherpa capital of Namche Bazar). A day is spent here for acclimatization and just soaking up the atmosphere of this bustling village before heading on up through Tenboche (Visiting the great monastery) Pheriche, Lobuche village and finally to your highest camp at Gorak Shep. This is the jumping off point for the climb up to Kala Pattar (5545m) for spectacular views of Mt. Everest, and the walk in to Everest Base Camp. This really is breathtaking mountain scenery and is well worth the effort of getting there. It is a relatively short trek which will have you standing literally at the foot of the world's greatest peak.            View Details Information: <a href="http://www.holidaynepal.com/trekking/everest-base-camp-trek.html">http://www.holidaynepal.com/trekking/everest-base-camp-trek.html</a></p>	

<p><b>KEY INFORMATION</b>            Trail: GOKYO – KALAPATHAR EVEREST BASE CAMP TREKS            Trek from - Lukla            Trek End - Lukla            Grade - Strenuous            Highest Access of the Trek - 5545m            Mode of trekking - Teahouse/Camping            Himalayan Sights - Everest, Ama Dablam, Lhotse            Most Attraction of the trek - Close Mt. View, Sherpa village</p>	<p><b>Fixed Departure Date: 2010</b>  <b>Mar:</b> 5, 11, 16, 24, 31  <b>Apr:</b> 7, 13, 17, 25, 5 <b>May:</b> 4, 9, 14, 19, 27  <b>June:</b> 6, 12, 18, 28 <b>July:</b> 10, 16, 28 <b>Aug:</b> 14, 22, 31, <b>Sep:</b> 5, 12, 20,, 27, <b>Oct:</b> 1, 8, 14, 19, 24, 27 <b>Nov:</b> 7, 14, 21, 30 <b>Dec:</b> 8, 16.</p>
<p><b>Trip Highlights:</b>            Gokyo &amp; Kalapathar via Cho La pass itinerary, one of Nepal's most famous treks to the Khumbu Mountains &amp; Sherpa country. After a magnificent mountain flight to Lukla we follow the Dudh Kosi valley to Namche Bazaar. The trail to Gokyo is a gradual ascent up the valley passing through patches of birch and rhododendron forest where the elusive musk deer can sometimes be seen. Through small yak-grazing settlements we reach the Gokyo lakes where we climb the Gokyo Peak (5480m) and enjoy stunning summit mountain scenery including Everest, Makalu and Cho Oyo. After the Cho La pass, we reach Dzongla. The views of Ama Dablam and</p>	

Taweche are spectacular. After the Zhongla ascent, we continue towards Gorak Shep and climb to Kala Pattar (5545m)  
View Details Information: <http://www.holidaynepal.com/trekking/chola-pass-trek.html>

<p><b>KEY INFORMATION</b> Trail: ROUND ANNAPURNA TREKS (CIRCUIT) Trek from - BESHISHAR Trek End - POKHARA Grade - Moderate Highest Access of the Trek - 5416m Mode of trekking - Teahouse/Camping Himalayan Sights – Annapurna, Machhapuchhre, Dhaulagiri Most Attraction of the trek – Close view Annapurna, Manang Village, Muktinath, Thakali, Gurung and Pun Cultures.</p>	<p><b>Fixed Departure Date: 2010</b> <b>Feb:</b> 25 <b>Mar</b> 7, 14, 19, 25, 30 <b>Apr:</b> 5, 8, 13, 18, 24, 29, <b>May:</b> 3, 7, 11, 16, 20, 26, 30, <b>June:</b> 2, 7, 11, 15, 21, 27, <b>July:</b> 4, 9, 14, 18, 27, <b>Aug:</b> 6, 13, 22, 29 <b>Sep:</b> 3, 7, 11, 15, 18, 23, 27, 30 <b>Oct:</b> 1, 5, 8, 12, 16, 19, 23, 26, 30 <b>Nov:</b> 4, 8, 13, 17, 22, 26, 29 <b>Dec:</b> 3, 7, 14, 17, 26, 30</p>
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**Trip Highlights:**  
The Annapurna Circuit attracts a relatively high number of trekkers in Nepal. As the name itself suggests, this trail goes on a circuitous route around the entire Annapurna massif, visiting the Tibet-like country on the northern slopes of the Himalaya and the dramatic Kali Gandaki gorge. Much of the trek is through lowland country, but there is one high pass, "Thorung La" (5,416m). The trail over the pass is steep but in good shape and not hard to follow. This is the one point of the entire circuit where you really feel you are amidst the mountains. However you should be aware of altitude sickness and be prepared for weather extremes as the Thorung La is notorious for changing its moods. The pass is usually snowbound and un-crossable from mid-December to mid-April.  
View Details Information: <http://www.holidaynepal.com/trekking/annapurna-circuit-trek.htm>

<p><b>KEY INFORMATION</b> Trail: ANNAPURNA BASE CAMP TREKS Trek from - DAMPUS Trek End - NAYAPOOL Grade - Moderate Highest Access of the Trek - 4310m Mode of trekking - Teahouse/Camping Himalayan Sights – Annapurna, Dhaulagir, Fishtail Most Attraction of the trek - Close Mt. Annapurna Range</p>	<p><b>Fixed Departure Date: 2010</b> <b>Feb:</b> 26 <b>Mar</b> 3, 12, 19, 25, <b>Apr:</b> 2, 8, 13, 18, 22, 28, <b>May:</b> 3, 7, 11, 16, 24, 28, <b>June:</b> 2, 7, 11, 14, 21, 27, <b>July:</b> 2, 9, 14, 18, 24, 29 <b>Aug:</b> 5, 12, 19, 27 <b>Sep:</b> 1, 5, 11, 16, 21, 28 <b>Oct:</b> 4, 8, 11, 15, 19, 23, 27, 30 <b>Nov:</b> 4, 8, 13, 18, 23, 27, <b>Dec:</b> 4, 9, 14, 24,</p>
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**Trip Highlights:**  
This is probably the most ideal trek - lovely, short and intense, a direct route into the heart of the Himalaya. Spectacular mountain vistas and easy access make it among the most popular treks, with over 10,000 visitors per year. The sanctuary is a hidden pocket of meadow, moraine and glacier, ringed by magnificent sheer-walled 6,000 - 8,000 meter peaks: the Annapurnas, Gangapurna, Machhapuchhare, Himchuli.  
  
The trek requires ten to fourteens days and begins from Pokhara, passing through lowland villages and rice terraces to mountain glaciers. The trail rises nearly 2000 m in the last 8 km and one needs to plan for acclimatization. The trail is frequently slippery and there's danger of avalanches in few places, so early spring and winter trekking is unlikely. Accommodation in the lower portion (at least in Chhomrong) are deluxe; the upper stretch is understandably simple - no body lives up there for long time  
View Details Information: <http://www.holidaynepal.com/trekking/annapurna-sanctuary-trek.htm>

<p><b>KEY INFORMATION</b> Trail: JOMSOM MUKTINATH TREKS Trek from – POKHARA Trek End - POKHARA</p>	<p><b>Fixed Departure Date: 2010</b> <b>Feb:</b> 10, 21, 28 <b>Mar:</b> 1, 5, 9, 13, 17, 22, 27, 30, <b>Apr:</b> 2, 8, 13, 17, 24, 29, <b>May:</b> 3, 7, 11, 14, 18, 23, 28, <b>June:</b> 2, 9, 14, 19, 25, 30 <b>July:</b> 3,</p>
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Grade - Moderate Highest Access of the Trek - 3850m Mode of trekking - Teahouse/Camping Himalayan Sights – Annapurna, Fishtail, Dhaulagir Most Attraction of the trek - Close Annapurna Himal, Muktinath village, Jomsom, Marpha	<b>9, 15, 22, 30 Aug: 5, 11, 18, 25 Sep: 1, 5, 9, 14, 18, 23, 27, 30 Oct: 2, 5, 9, 11, 14, 19, 23, 26, 30 Nov: 5, 10, 15, 21, 26, Dec: 4, 9, 14, 19, 27</b>
<b>Trip Highlights:</b> This popular trek takes you a long valley of the Kali Gandaki river which runs between Dhaulagiri and Annapurna Mountains. The easiest of the tips mentioned here, It does not rise above 3000m. Until well after Jomsom and affords good views of the mountains with spectacular and varied scenery on the way View Details Information: <a href="http://www.holidaynepal.com/trekking/jomsom-muktinath-trek.htm">http://www.holidaynepal.com/trekking/jomsom-muktinath-trek.htm</a>	

<b>KEY INFORMATION</b> Trail: GHOREPANI POONHILL TREKS Trek from - POKHARA Trek End - POKHARA Grade - EASY Highest Access of the Trek - 3210m Mode of trekking - Teahouse/Camping Himalayan Sights – Dhaulagir, Fishtail, Annapurna Range Most Attraction of the trek – Annapurna , Ghorepani village	<b>Fixed Departure Date: 2010</b> <b>Feb: 5, 10, 15, 20, 25, 30 Mar: 4, 9, 13, 19, 24, 28 Apr: 2, 7, 11, 16, 22, 26, May: 4, 7, 12, 16, 21, 26, 30, June: 3, 9, 13, 18, 23, 27, July: 1, 6, 10, 15, 21, 29 Aug: 6, 12, 18, 24, 31 Sep: 4, 7, 11, 14, 18, 23, 27, 30 Oct: 2, 5, 8, 10, 14, 17, 21, 26, 30 Nov: 2, 8, 12, 16, 20, 25, 29 Dec: 6, 9, 14, 19, 23, 29</b>
<b>Trip Highlights:</b> This treks is popular for the beautiful Landscape and Panoramic view of the silvery mountain , beautiful rhododendrons forest walk and mixed community culture as well as traditional dress of Magar & Gurung community as well as provides splendid views of Mt. Annapurna, Mt. Fishtail, Dhaulagiri and many more. View Details Information: <a href="http://www.holidaynepal.com/trekking/ghorepani-poonhill-trek.htm">http://www.holidaynepal.com/trekking/ghorepani-poonhill-trek.htm</a>	

<b>KEY INFORMATION</b> Beautiful Langtang valley, breathtaking scenery of Langtang, Dorje Lakpa ranges, Cheese factory, rhododendron, Oak woodland and Tibetan cultures.  Region: Langtang Destination: Kyanjin Ri/Cherko Ri Langsisa Kharka. Minimum altitude: 1467m Maximum altitude: 5033m Grade: Moderate Mode: Lodge or Tented Camp Duration: 08 Days Entry: Syabru Bensi Exit: Dhunche	<b>Fixed Departure Date: 2010</b> <b>Feb: 17, 27 Mar: 2, 9, 15, 22, 29 Apr: 5, 8, 13, 18, 24, 28, May: 4, 9, 12, 18, 25, 30, June: 3, 7, 13, 19, 24, 29, July: 7, 14, 18, 22, 31 Aug: 6, 12, 20, 29 Sep: 3, 7, 11, 16, 23, 27, Oct: 4, 8, 12, 16, 21, 26, 30 Nov: 2, 9, 13, 17, 21, 27, 30 Dec: 5, 9, 15, 27</b>
<b>Trip Highlights:</b> The Langtang valley populated by Sherpa and Tamang families, lies to the northwest of Kathmandu valley. and is over shadowed to the north by the high peak of Langtang Lirung (23,756ft) on Tibetan border. Also this region is popular for its culture , religious and a splendid Himalaya range . It is also famous for beautiful waterfall and green forest .we can see Himalayan Lake , ancient mountain trail . Also find different domestic animals of Himalaya . You will experience the lifestyles of diverse ethnic groups along the trail , which follows ancient trading routes and passes through prosperous trading villages.  This region is popular for its culture , religious and a splendid Himalaya range . It is also famous for beautiful waterfall and green forest .we can see Himalayan Lake , ancient mountain trail . Also find different domestic animals of himalaya . You will experience the lifestyles of diverse ethnic groups along the trail , which follows	

ancient trading routes and passes through prosperous trading villages.

View Details Information: <http://www.holidaynepal.com/trekking/langtang-trek.html>

#### KEY INFORMATION

Beautiful Langtang valley, breathtaking scenery of Langtang, Dorje Lakpa ranges, Cheese factory, rhododendron, Oak woodland and Tibetan cultures, Gosaikund, Laurebinayak Pass.

Region: Langtang

Destination: Kyanjin Ri/Cherko Ri Langsisa Kharka / Gosaikund

Minimum altitude: 1467m

Maximum altitude: 5033m

Grade: Moderate

Mode: Lodge or Tented Camp

Duration: 15 Days

Entry: / Dhunche or Syabru Bensi

Exit: Dundarijal Village

#### Fixed Departure Date: 2010

**Feb:** 9, 20 **Mar:** 4, 10, 18, 27, **Apr:** 2, 6, 9, 15, 21, 27, **May:** 3, 7, 12, 17, 24, 30, **June** 2, 6, 10, 14, 18, 22, 26, 30 **July:** 1, 9, 14, 19, 24, 29 **Aug:** 6, 15, 22, 29 **Sep:** 4, 7, 12, 17, 23, 27, **Oct:** 5, 8, 11, 14, 18, 22, 26, 28 **Nov:** 3, 10, 15, 19, 24, 30 **Dec:** 3, 9, 18, 25

#### Trip Highlights:

The Langtang valley populated by Sherpa and Tamang families, lies to the northwest of Kathmandu valley. and is over shadowed to the north by the high peak of Langtang Lirung (23,756ft) on Tibetan border. Most of the area has been designated a national park, which is noted for its birds and flowers. To the south of Langtang area are the holy lakes of Gosaikunda scene off a colorful festival each summer, but equally beautiful in spring and autumn which we visit on our return journey from Langtang.

We begin our walk after a drive to Dunche through Tamang settlements with fine views of the Trisuli valley. Our route into Langtang takes us through a varied landscape of evergreen forest and rushing streams of Ghora Tabela. Next we come to Langtang village itself, and higher still Kyangjin Gompa, a Buddhist monastery at 12,000ft set in a bowl-like the valley encircled by snow peaks. Here we can visit the local village and Langtang glacier. Our route to Gosikunda takes us back down the valley before a long climb up to the lakes, in spectacular alpine setting. Crossing a 15,000ft pass, we come down past a waterfall to a pretty Helambu region, making our way on one of several alternative trails through small Sherpa villages towards the road head at Sundarijal to Kathmandu.

View Details Information: <http://www.holidaynepal.com/trekking/gosaikund-circuit-trek.html>

## Private Trekking Trip - 2010

S. No	Destination	Trip Duration
01	Nar & Phu Trekking (Restricted Area)	18 to 20 Days
02	Upper Mustang Trekking ( Restricted Area)	17 Days
03	Kanchenjung Base Camp – Far East Region	25 Days
04	Machhapuchre Model Treks ( Recently design New Route)	14 Days

05	Tamang Heritage Trail ( Langtang Region)	14 Days
06	Short Hiking ( Around Kathmandu and Pokhara)	1 or 2 Days Trip

Contact us for more information: [info@holidaynepal.com](mailto:info@holidaynepal.com) or [holidaynepal@wlink.com.np](mailto:holidaynepal@wlink.com.np)